
Course:	L025 - Food Quality and Nutrition
Degree:	Bachelor
Curriculum Unit:	3002005 - Nutrition and Dietetics
Scientific field:	Nutrition Sciences
ECTS^(*):	5
Curriculum year:	2nd
Curriculum semester:	2nd
Frequency Regime:	Mandatory
Teacher(s):	Edite Maria Relvas das Neves Teixeira de Lemos
Contact hours ^(**):	T - 30; TP - 30
Total work time (hours):	138

(*) - ECTS - European Credit Transfer and Accumulation System

(**) – T- Theoretical; TP- Theoretical/Practical; LP- Lab Practice; S- Seminars; I- Internships; TU - Tutorials; O- Other (Evaluations)

Objectives / Competences

This discipline aims to provide students with skills to use a fundamental tool proficiently for the pursuit of future career: the assessment of food intake , nutrition and diet plans.

Thus at the end of this course students must (1) know the methods for collecting information on food intake, (2) Being able to collect, record and report data on individual food intake.

Calculate, plan and draw up plans for healthy eating

Calculate, plan and prepare food plans for particular situations

Promote nutrition education to individuals or groups

Syllabus

1. Methodologies of Evaluation of Alimentary Ingestion
2. Techniques of accomplishment of inquiries.
3. Types of alimentary inquiries (prospective and retrospective). Practical principles, aspects, advantages and inconveniences, validity and precision.
4. Elaboration of diets and procedures to follow for elaboration of a diet.
5. Types of diets (not balanced Diets of weigh loss. Monotonous diets.)
6. Diets of weigh loss and maintenance
7. Diets for sportsmen
8. Diets for pathological related with deficiency and excess of nutrients

Teaching methodologies and evaluation criteria

The course will be organized in lectures and practical classes in accordance with the following methodology

a) a method of predominantly expository lectures

b) a of demonstrative and interrogative method predominantly in the theoretical and practical lessons c) an active and inquiring method

Assessment is quantitative on a scale from 0 to 20 and includes the following points

1. Theoretical assessment written exam with a weight of 60%

2. Continuous theoretical and practical assessment with a weight of 40%, which will be taken into account in addition to the assessment of group work, attendance, interest, cooperation and participation in classroom and practical exercises

Short bibliography

MARFELL-JONES, M.; OLDS, T.; STEWART, A.; CARTER, L.;- The International Standards for the Advancement of Anthropometric Assessment , Potchefstroom, South Africa., 2006

CHARNEY, P. - ADA pocket guide to nutrition assessment American Dietetic Association , 2004.

LEE ROBERT D.; NIEMEN David C, - Nutritional assessment, McGraw Hill Higher Education, 4th Ed, 2007.

JACQUES MÉDART. Guia Prático Climepsi da Nutrição, Ed. Climepsi, Lisboa, Portugal, 2007

CUPPARI, L. Guia de nutrição: nutrição clínica no adulto. Ed. Manole, São Paulo, 2002.

ORNELAS, L. H. Técnica Dietética: Seleção e Preparo de Alimentos; Manual de Laboratório. Ed.Atheneu,Brazil, 2007.